

MWR HAPPENINGS

VOLUME 10 ISSUE 3

NATIONAL NAVAL MEDICAL CENTER

NAVY MORALE, WELFARE AND RECREATION

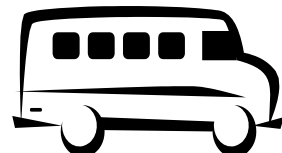
MARCH 2009



ADVENTURE BOUND
MWR NATIONAL NAVAL MEDICAL CENTER, BETHESDA, MD

- Only 1 Guest allowed per ID card
- Special Pricing for Liberty Eligible patrons

MWR TRIPS FOR ALL HANDS



Baltimore Aquarium

Sunday, 8 February

Washington Wizards vs.

Orlando Magic

Friday, 13 March

Medieval Times Dinner

Sunday, 15 March

International Spy Museum

Saturday, 21 March

Washington Wizards vs.

Chicago Bulls

Monday, 23 March

Regional Paintball

Saturday, 28 March

DC Segway Tour

Sunday, 29 March

Dinner & You-Pick

Movie

Saturday, 7 March

See page 2-3 for trip details →

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Happy St. Patrick's Day!



Staff Appreciation

March 17 @ 0800-1000

in front of MWR InfoCenter

FREE Dunkin Donuts



& Coffee





All Hands Welcome

- Only 1 Guest allowed per ID card
- Special Pricing for Liberty Eligible patrons

Baltimore Aquarium

Sunday, 8 March

Departs: 1300 in front of Solace Hall, bldg. 60

Cost: \$15 Liberty

\$30 Adventure Bound

Join the MWR Liberty Program as we head up to the Baltimore Inner Harbor for a trip to the National Aquarium! Featuring hundreds of exhibits with more than 16,500 animals, you're sure to have an entertaining time. Afterwards, we'll grab lunch at Hooters! Price includes transportation, admission to aquarium, and lunch.



Washington Wizards vs. Orlando Magic (Basketball)

Friday, 13 March

Departs: 1800 in the lobby of Building 10 (front of the hospital)

Cost: \$15 Liberty

\$30 Adventure Bound

Join MWR as we head down to the Verizon Center to see the Wizards take on the Magic! Price Includes transportation and lower level seats.



Medieval Times Dinner

Sunday, 15 March

Departs: 1530 front of Solace Hall, Bldg 61

Cost: \$22 Liberty

\$45 Adventure Bound

Join MWR as we travel back in time to the 11th century to enjoy a four-course medieval banquet and a thrilling competition between Knights on horseback. Price Includes transportation, meal, and show.



International Spy Museum

Saturday, 21 March

Departs: 1100 front of Solace Hall, Bldg. 61

Cost: \$8 Liberty

\$16 Adventure Bound

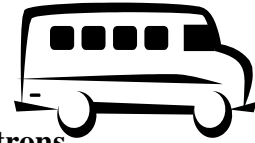
Your mission, should you choose to accept it, is to join MWR on a trip to the first and only public museum in the U.S. dedicated solely to espionage. Learn all about the lives and history of spies, view international spy artifacts, and test your skills of observation and analysis. Do you have what it takes to be a spy? Price includes transportation and admission to museum.





All Hands Welcome

- Only 1 Guest allowed per ID card
- Special Pricing for Liberty Eligible patrons



Wizards vs. Chicago Bulls

Monday, 23 March

Departs: 1730 front of Solace Hall, Bldg. 61

Cost: \$25 Liberty

\$50 Adventure Bound

Join MWR as we head down to the Verizon Center to watch the Wizards take on the Bulls. Price includes transportation and lower level ticket.



Regional Paintball

Saturday, 28 March

Departs: 0930 Behind Solace Hall, Bldg 61

Cost: Liberty Rates ~ \$25 or \$15, no equipment needed

AB/Guest Rates ~ \$50 or \$30, no equipment needed

Wear your "cammies" and bring some extra money for ammo because we're going to be getting down and dirty with Outdoor Adventures.

Do you have what it takes to capture the flag? Price includes semi-automatic rental, face mask and 100 paintballs, plus 1 case for every 3 people to share. Children must be dependents and 12 or older to participate.



DC Segway Tour

Sunday, 29 March

Departs: 1100 in front of Solace Hall, Bldg. 61

Cost: \$32 Liberty

\$65 Adventure Bound



Seeing all the attractions and monuments in Washington, DC can take days. Don't waste time walking extra miles. Take a Segway Tour of DC and cover an entire day's worth of sightseeing in under three hours. You'll glide through the United States capital on a simple-to-use, fun-to-ride, technological breakthrough, Segway PT, exploring historical sites like the White House, Washington Monument, National Mall, Smithsonian Museums, and the Capital Building. And when it's over you'll still have plenty of time to tour even more of Washington, DC. Price includes the tour, lunch, and transportation.

PIZZA



Dinner & You-Pick Movie

Saturday, 7 March

Departs: 1700 in front of Solace Hall, Bldg. 61

Cost: \$15 Liberty

\$30 Adventure Bound and Guests

Join the MWR Liberty Program as we head out for a night out on the town with dinner at Pizzeria Uno in Downtown Bethesda. After we eat, we give you the ticket for a movie and you pick which one you want to see! Price includes meal and movie ticket.



LIBERTY ZONE



LIBERTY ZONE Birthday Celebration

Calling all March Birthday's
Stop by the Liberty Zone & show your
ID the month of your birthday and we'll
provide you a Birthday treat!

Liberty Zone Tournament Night

Monday, 30 March - Texas Hold 'Em
Tournament

Tournament starts @ 1800

Snacks & Soda will be served to all participants!
Prizes for 1st & 2nd Place if 4 or more partici-
pate.

Pre-Payday Pigout

Thursday, 12 March @ 1700 in the Zone
FREE!

Stop by the Liberty Zone and enjoy a Pre-St
Patrick's Day dinner on us! Sit down, kick your
feet up, and relax as you laugh, cry, jump, or all
of the above while you enjoy a movie of your
choice on our brand new big screen TV! Not into
movies? Well check out our video games, pool
table, and other great fun things at the Zone.

B-I-N-G-O!!! Night

Friday, 20 March @ the Zone
FREE!

Join Liberty for a night that will leave you yell-
ing and singing B-I-N-G-O for everyone to hear!
Gather round as we play postage stamp, regular
bingo, 4 corners, blackout and more. There will
be prizes, snacks, sodas, and more!

Pre-Payday Pigout - Game Challenge Night!

Thursday, 26 March

Location: Liberty Zone Solace Hall, Bldg 61

Time: 1700-2000

Cost: FREE!

It's on! Paper football, thumb/arm wrestling,
checkers, pool, and more! Enjoy dinner on us and
win prizes while playing games.

LIBERTY ZONE ONLY TRIPS & EVENTS

ELIGIBLE FOR LIBERTY

Single E1-E6
& Enlisted
Geo-
Bachelors in
the Bar-
racks. Sign
up at MWR
InfoCenter.
Trip Info:
301-613-
7032

Movies in the barracks lounges @
1700! Free popcorn!

	<u>March 3 @ Mercy Hall, Bldg 50</u>	
	<u>March 5 @ Mercy Hall, Bldg 50</u>	
	<u>March 11 @ Liberty Zone</u>	
	<u>March 13 @ Liberty Zone-Friday</u>	
	<u>the 13th Movie Marathon</u>	
	<u>March 17 @ Mercy Hall, Bldg 50</u>	
	<u>March 19 @ Mercy Hall, Bldg 50</u>	
	<u>March 25 @ Liberty Zone</u>	

Liberty Bowling Night at the Bethesda Bowling Facility

Monday, 2 March

FREE!

1700-2000

Come enjoy FREE food, FREE bowling,
and FREE fun at the Bethesda Naval
Bowling Facility for the night! Cost for
single Active Duty E1-E6 (bring I.D.) is
free and their guest is \$2 per person,
per game with shoe rental \$2 per pair.

Liberty Zone, Solace Hall
Bldg 61, 2nd Deck
Hours of operation:
Monday- Friday 0900-2200
Saturdays, Sunday & Holidays 1200-2200
.Com Zone now open!!!
8 computers and 2 printers



Wellness Clinic
“The Disease Prevention Arm of the NNMC”
Health Promotion/PFA Department and Wellness Clinic
Building 7, 5th floor



March 2009 Classes

Free classes, and services, for active duty members and their families, retirees and reservists. Call 301-295-NAVY (301-295-6289) to register. Civilians and contractors call 301-295-6649 to register for classes.

High Blood Pressure Class

Taking medication is an important part of managing your blood pressure. Did you know that changing your diet, losing weight, and being more active can also help lower blood pressure? Held at NNMC, Building 9, Room 1639. Call 301-295-4454 or email jennifer.shobert@med.navy.mil to register.

Thursday, 05 MAR 1300-1400

Cholesterol Control Class

If your cholesterol level is too high you are at increased risk for a heart attack or stroke. Learn what fats are healthy for you and which you should limit. We'll teach you simple ways to change your diet to lower your cholesterol level and make healthier choices when eating out. Held at NNMC, Building 9, Room 1639. Call 301-295-4454 or email jennifer.shobert@med.navy.mil to register.

Thursday, 12 MAR 1300-1500

“Ship Shape” Weight Management Program

An eight-week weight management program for active duty members who do not meet body composition standards. Learn a sensible, life-time approach to weight management. You'll learn skills for meal planning, reading food labels, eating out and managing stress without eating. Each class is once a week for one hour. Held at NNMC, Building 9, Room 1639. Call 301-295-4454 or email jennifer.shobert@med.navy.mil for the upcoming class dates and information.

Stress Management Class

Do you feel like you are on a constant rollercoaster ride? Would you like to learn relaxation techniques, including progressive muscle relaxation and visualization, to reduce anxiety and stress? Join us for this class to be held at NNMC, Building 9, Room 1639. Call 301-295-6649 or email lauren.thomas@med.navy.mil to register.

Thursday, 19 MAR 1300-1400

Want to Quit Smoking?

Quitting smoking is a real challenge. This group program can help you get started, plan alternatives to smoking, get tips on how to quit, learn about medications and get support from others who also want to quit. Held at NNMC, Building 9, Room 1639. Call 301-295-6649 to register or email lauren.thomas@med.navy.mil.

Wednesday, 25 MAR 1000-1130

“The Healthy Weigh” Weight Management Program

A six-week weight management program that teaches you a sensible, lifetime approach to weight control. This class will teach you how to make gradual changes in your eating and exercise habits. You'll learn skills for meal planning, reading food labels, eating out, and managing stress without eating. Each class is once a week for one hour. Held at NNMC, Building 9, Room 1639. Call 301-295-4454 or email jennifer.shobert@med.navy.mil for the upcoming class dates and information.

Walking Group

Take a break from your busy day and take a 30 minute walk around the hospital grounds. **Monday, Wednesday, and Friday at 1100.** Call 301-295-6649 or email lauren.thomas@med.navy.mil to register.

Fitness Enhancement Program (FEP)

Group and individual workout sessions, led by PRT staff, are designed to improve cardiovascular, muscular strength and flexibility. Morning, noon and afternoon workout sessions for active duty members only. Building 7, 5th floor. Call 301-295-5502 to register.

Nutrition Counseling

Individualized nutrition counseling for healthy nutrition, high blood pressure, cholesterol, and weight management. Military members and family only. Provider referral preferred. Held building 7, 5th floor. Call 301-295-4454 for an appointment.



MWR InfoCenter, NNMC Main Street
Open M-F 0800-1330, 1400-1600

**Sign up for Liberty &
 Adventure Bound Trips**
Authorized TICKETMASTER Outlet

We Now Have AMC Gold Discount Movie Tickets
-NO RESTRICTIONS!



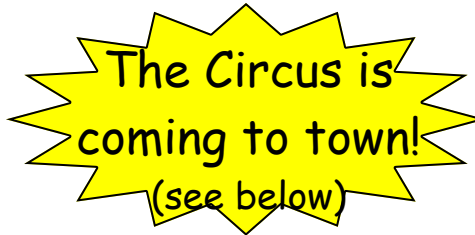
The blockbuster movies are coming and you don't want to wait two weeks to use your AMC/Loews Silver tickets to see them? No problem. Now for an extra \$1.50, you can be among the first to see those movies. The MWR InfoCenter offers AMC/Loews Gold tickets for \$8.00 each. Pay less and be the one who tells everybody which movies to see and which to avoid. Get your tickets today!

TICKET NAME	MWR PRICE	GATE PRICE	SAVINGS
<u>Movies</u>			
AMC/ Loews Theaters SILVER Ticket (movie out at least 2 weeks)	6.50	varies	
AMC/ Loews Theaters GOLD Ticket (NO restrictions)	8.00	varies	
Regal Cinemas/United Artists (movie out at least 2 weeks)	6.50	varies	
<u>Amusement Parks</u>			
DISNEY WORLD –other ticket options available by special order			
3-day Base (adult)/ (child: ages 3-9) expires 14 days after date of 1st use	206.25/174.25	225.78/190.64	19.53/16.39
3-day w/ Park Hopper (adult)/ (child: ages 3-9) expires 14 days after date of 1st use	254.50/222.75	279.03/243.89	24.53/21.14
4-day Base (adult)/(child: ages 3-9) expires 14 days after date of 1st use	213.00/179.00	233.24/195.96	20.24/16.96
4-day w/ Park Hopper (adult)/ (child: ages 3-9) expires 14 days after date of 1st use	261.25/227.50	286.49/249.21	25.24/21.71
Disney World Armed Forces Salute (1/4/09-12/23/09) FREE Active Duty/Retired Military			
DWAFS Companion ticket for Guests (up to 5) 5-Day ticket	96.75	105.43	8.68
DWAFS Add-on Hopper or Water Parks/ Both Options	121.25/145.25	132.06/158.68	10.81/13.43
Sea World, Orlando (adult) / (child: ages 3-9) ages 2 and under FREE	64.25/55.75	79.82/69.17	15.57/13.42
Universal Studios Orlando (adult)/ (child: ages 3-9) 1-Day Hopper (ages 2 and under FREE	60.50/ 50.00	95.84/ 85.19	35.34/35.19
Universal Stud., Florida 2-Park 7 Consec. Days (adult)/ (child: ages 3-9) 2 and under FREE	77.75	123.53/112.88	45.78/35.13
<u>Skiing (Liberty, Ski Roundtop, Whitetail)</u>			
Early/ Late season Weekend 8-hour lift (before Dec. 22, 2008 and after March 6, 2009)	37.50	53.00-57.00	15.50-19.50
Early/ Late season Learn to Ski Package (through 12/23/08 and after 3/2/09)	37.50	39.00-87.00	1.50-49.50
Weekend/ holiday Lift Only (Sat. & Sun. & holiday periods)	48.25	53.00-57.00	4.75-8.75
Mid-week Lift Only (Mon.-Fri. & non-holiday periods)	35.50	45.00-47.00	9.50-11.50
Night Lift Only (5pm-10 pm)	28.00	36.00	8.00
Weekend/ holiday Lift w/ rental (Ski rentals are less than snowboard rentals)	86.75	87.00-101.00	.25-14.25
Mid-week Lift w/ rental	74.00	79.00-91.00	5.00-17.00
Night Lift w/ rental	66.50	70.00-80.00	3.50-13.50
Learn to Ski/Board Package	69.75	77.00-87.00	7.25-17.25



Military Appreciation Days at the National Museum of Crime and Punishment

Valid on Tuesdays, Wednesdays & Sundays now through March 22, 2009 the Museum is offering one complimentary admission to active-duty military personnel, National Guardsmen/Reservists, DOD civilians and Military retirees. Eligible patrons simply need to show their DOD I.D. card. Family members and dependents are admitted at a discounted price. It is suggested that guests can purchase additional discounted tickets at their ITT Office (MWR InfoCenter).



all sales are final Ticket Price List

TICKET NAME	MWR PRICE	GATE PRICE	YOU SAVE
Local Attractions			
Baltimore & Ohio Railroad Museum (ages 13 & up)/ Get child ticket (2-12) at gate for \$8.00	9.00	14.00	5.00
Baltimore Aquarium (adult)/ (child: ages 3-11)	19.25/ 11.75	21.95/ 14.95	2.70/ 3.20
Baltimore Aquarium (active military/ immediate family)	16.00	20.95	4.95
Baltimore Aquarium (senior: ages 60 +)	18.25	20.95	2.70
Colonial Williamsburg Freedom Pass (one full year) (adult) (youth: ages 6-17)	52.00/ 25.50	59.00/29.00	7.00/3.50
Colonial Williamsburg Military Key to City Pass (2 consec. days) (adult) (youth: ages 6-17)	30.75/ 13.75	44.95/22.45	14.20/8.70
International Spy Museum (adult: ages 12-65)/ (child: ages 5-11)	16.50/ 13.50	18.00/ 15.00	1.50/ 1.50
International Spy Museum (senior 65+, active military & dependents)	15.50	17.00	1.50
Luray Caverns (adult)/(child: ages 7-13, under 7 FREE with an adult)	17.25/ 9.00	21.00/10.00	3.75/ 1.00
Medieval Times Dinner & Tournament (adult)	44.75	56.04	11.29
Medieval Times Dinner & Tournament (child: ages 4-12) 3 & under must sit on lap & share meal	38.50	41.75	3.25
National Museum of Crime and Punishment (adult) (child: ages 5-11)	14.00	18.98/15.81	4.98/ 1.81
Ringling Bros. Circus (Verizon Center) Fri., Mar. 20 @ 7:30 pm; Sat., Mar. 21 @ 11:30 am, 3:30 pm, and 7:30 pm; Sun., Mar. 22 @ 11:30 am, 3:30 pm, and 7:30 pm	18.50	28.00	9.50
Ringling Bros. Circus (First Mariner Arena) Fri., Mar. 27 & Apr. 3 @ 7:30 pm; Sat., Mar. 28 & Apr. 4 @ 11:30 am, 3:30 pm, and 7:30 pm; Sun., Mar. 29 & Apr. 5 @ 1:00 pm and 5:00 pm	18.50	26.00	7.50
Ringling Bros. Circus (Patriot Center) Fri., Apr. 10 & 17 @ 7:30 pm; Sat., Apr. 11 & 18 @ 11:30 am, 3:30 pm, and 7:30 pm; Sun., Apr. 12 & 19 @ 1:00 pm and 5:00 pm	18.50	28.00	9.50
Tourmobile: DC-Arlington Cemetery (adult)/ (child: ages 3-11)	25.50/ 12.25	27.00/ 13.00	1.50/ .75
Spirit Cruises			
Lunch (12-2 pm) Mon.-Sat. (Feb. 1-Dec. 31 2009)/child 3-13	43.50/ 24.00	50.57/25.29	7.07/ 1.29
Dinner (7-10 pm) Sun.-Thurs. (Feb. 1-Dec. 30, 2009)/child 3-13	78.00/ 41.00	90.87/45.44	12.87/ 4.44
Dinner (7-10 pm) Fri. (Feb. 1-Oct. 31, 2009)/child 3-13	82.75/ 82.75	96.07/96.07	13.32
Dinner (7-10 pm) Sat. (Jan. 1-Oct. 31, 2009)/child 3-13	96.00/ 96.00	111.67/111.67	15.67
Mt. Vernon Excursion (8:30am-1:30 pm) Mar. 15, 2009-Oct. 28, 2009	44.50/38.00	51.78/44.54	7.28/ 6.54



Happy March!

As you all know this is tax filing season. If you need assistance with tax preparation you can go to NNMC bldg. 141 (red & white bldg by the satellite pharmacy). They will be able to assist you with all your tax questions and help you prepare your taxes for free.



Military One Source has a free online tax service for both state and federal taxes. To access this service go to <https://www.militaryonesource.com>. Once at the site you will need to register, if you aren't already, and then you will be able to access the tax site. This year it's with H&R Block.

Active duty and retirees can get their W-2 and 1099 statements via the my pay web site, <https://www.mypay.dfas.mil/mypay.aspx>.



The American Legion has a *Family Support Network* that provides active duty service members and their families with daily life assistance. This service is for those families and service members whose lives have been affected by *Operation Iraqi Freedom* and *America's War on Terrorism*. The organization offers financial assistance, grocery shopping, child care, lawn mowing, car repairs and other routine household jobs. If you need assistance you can call **1-800-504-4098** or you can go on line to www.legion.org/veterans/fsn. All requests will be forwarded your local American Legion post. Once the post receives your request for assistance someone will contact you.

If you and your family are one of the IA families, then you know how difficult this time can be. Below is a list of dates and times for conference calls to talk to others who are, or have been going through the same thing;

Are you ready for deployment? February 10, 2009 ,7:00 PM EST 888-889-0915 access code 5819
Homecoming at last! February 18, 2009,2:00 PM EST-888-889-0915 access code 42224
Am I the only one? February 26, 2009, 7:00 PM EST-888-889-0915 access code 46475

Helpful Websites

www.ia.navy.mil The official source for IA assignments
www.afterdeployment.org developed by Dept. of Defense & Veterans Administrations
www.ffsp.navy.mil Navy Fleet & Family Support
www.militaryhomefront.dod.mil Information available for branches of service

The Expeditionary Combat Readiness Center provides information and support to IA Sailors and their families.

Contact them at: ECRC IA Family help desk- ecrc.fs.fct@navy.mil

ECRC IA help desk- ecrc.hq.fct@navy.mil

For emergencies- Staff Duty officer (757)763-8640

24 HR Toll free family hotline- 1-877-364-4302

Have a good month!

(301)213-6714 -sherry.navarrette@med.navy.mil





Authorized Patrons of the Comfort Zone Complex

All Patrons must present a Valid I.D. on EVERY visit.
Please present your identification at every visit at the front desk,
just as you are required to do at the front gate.

NO I.D., NO ENTRY, NO EXCEPTIONS!!

Authorized patrons with valid ID are:

- " Active Duty Military
- " Military Dependents
- " Retired Military
- " Reservists
- " NNMC DOD civilians employees
- " NIH Regular staff

PLEASE NOTE:

Contractors of NNMC, NIH and all outside agencies are NOT eligible.
Family members of DOD employees and NIH staff are NOT eligible

GUESTS:

ONLY Active Duty are permitted to bring 1 guest
who is in town temporarily who lives more than 50 miles away.





Fleet and Family Support Office

"Meeting Your Needs. At Home. At Sea."



Meeting Your Needs. At Home. At Sea.

March 2009 TAP Classes

For active duty members, and separatees. Call the Career Development Center at 301-295-5210 to register for the Transition Assistance Program.

One-On-One Financial Counseling *APPOINTMENT ONLY*****

Please contact the FFSO if you would like to meet one-on-one with a Financial Specialist.

All Sessions are confidential. (301)319-4087

Building 3 (4th floor) Room 451

08:00 -1500

Tuesday, 3 March

Tuesday, 24 March

Help! My Child Is Special Needs Workshop

Please contact FFSO to register (301)319-4087

Building 1 (5th floor) Pride of Place Underway Cabin Room 5162

1000-1200

Thursday, 5 March

Transition Assistance Program (TAP 4.5 Days)

For Separates and Retirees. **Prior registration required.** Contact the Career Development Office to register (301)295-5210

Building 141 Room B-27

0800-1600

Monday-Friday, 9-13, March

Monday-Friday, 23-27 March

Command Financial Specialist Training

Please contact Chief Fabrizi to register (301)295-9877

Building 1 (3rd floor) Darnell Research Resource Center Room 3456

0730-1500

Monday-Friday, 16-20 March 0730-1500

Car Buying Workshop

Please contact the Fleet and Family Support office to register for this workshop (301) 319-4087

Building 141 Room B-27

1200-1300

Wednesday, 18 March

Couples Communication Workshop

Contact the Fleet and family Support office to register for this workshop (301)319-4087

Building 1 (5th floor) Pride of Place Underway Cabin

0800-1000

Thursday, 19 March

Job Searching Techniques For Spouses Workshop

Contact the Fleet and Family Support Office to register for this workshop (301)319-4087

Building 141 Room B-27

1100-1200

Tuesday, 31 March



Flag Football Champions 2008



The NNMCM Bethesda MWR Sports Office will be conducting their **Intramural Softball** meeting on Wednesday, 11 March at 1400 inside the Comfort Zone Complex Gym area. All team coaches are asked to attend. For more info contact Jack at 301-295-0031/0032 or by email at JACK@MWRBETHESDA.COM.



The NNMCM Bethesda MWR Sports Office will be conducting their **Intramural Spring Flag Football** meeting on Wednesday, 18 March at 1400 inside the Comfort Zone Complex Gym area. All team coaches are asked to attend. For more info contact Jack at 301-295-0031/0032 or by email at JACK@MWRBETHESDA.COM.



ITS TIME FOR OUR **5K FUN RUN/WALK** AGAIN!!! The NNMCM Bethesda MWR Sports Office will have their first 5k fun Run/Walk for 2009 on 19 March at 1200 at the Comfort Zone. Come out and enjoy the fun, food and festivities. For more info contact Jack at 301-295-0031/0032 or by email at JACK@MWRBETHESDA.COM.

CZC POOL SWIM TIMES

Active Duty Military ONLY
(ALL 5 lanes)
Monday-Friday 1100-1300

Swim Club
(4 lanes)
Monday 0500-0600
Tuesday & Thursday
1800-2000

Family & Children
(3 lanes)
Friday 1800-2000
Sunday 1300-1700

SHARKS SWIM CLUB CHALLENGES March 17 & April 10



The swim club that meets on Mondays 0500-0600, Tuesday and Thursday at 1800-2000 is growing. The Sharks Swim

Club is for any level swimmer to come and get a coached workout, stroke tips, meet other swimmers and HAVE FUN. Stop by 1800-2000 on **Tuesday, 17 March** and/or **Thursday, 10 April** for a meet and greet open swim. Take the challenge and BE A SHARK!



We've added more
BODYPUMP™
 equipment...
 Enough for
 10 MORE people
 per class!

BODYPUMP™ is a non-impact weights-based exercise class that works every major muscle group in the body using weights, a bar and step. It strengthens, conditions and tones muscles, producing amazing results – fast.

BODYCOMBAT™ is a non-combat, martial arts-based fitness program with moves drawn from Karate, Tae Kwan Do, Kung Fu, kickboxing, Muay Thai and Tai Chi.

JIU JITSU– Protective skills for ages 17+.

STEP–Improve cardio endurance and tone your lower body all at once. Step will sculpt your legs and tighten your entire lower body.

YOGA– style: Vinyasa practice: flow of movement and breathing

BOOT CAMP- Effective, fat-burning workout that combines boot camp training with cardio drills.

SPINNING– Indoor cycling workout through hills, flats, mountain peaks, time trials and interval training with powerful music.

Fitness Class Info:

- All classes are 45 min to 1 hour long in the Comfort Zone, unless noted otherwise.
- Equipment is provided.

Spinning/Body Pump Class Info:

- 1st come, 1st served.
- You must sign in at the front desk.
- Admission card required to spin.

SCHEDULE

MONDAY

0515 spin
 1645-Body Pump
 1745-Spi

TUESDAY

0700-Boot Camp
 1145-Spin
 1645 Body Combat
 1745-Spin

WEDNESDAY

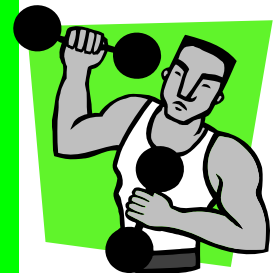
0515 Spin
 1145 Spin
 1500 BodyPump*
 1645 Yoga

THURSDAY

0700-Boot Camp
 1645-Step
 1745-Spin
 1900 spin

FRIDAY

0515 spin
 1145-Spin
 1545 Body Pump



*Paralympic Event: Space Limited

POC: Amanda Kozay, akozay@mwrbethesda.com 301-295-1349



FITNESS WORKSHOPS

These workshops are free! Meet up with a Comfort Zone Complex personal trainer and learn tips to improve your workout. These workshops meet in the stretching area of the Comfort Zone Complex. Sign up EARLY at the CZC front desk. Space is limited.

Tuesdays, March 17 & 24 @ 1200 & 1700
“Ready for Spring: Lower Body, Strength Workouts”(Joe)

Wednesdays, April 15 & 22 @ 1200 & 1700
“Upper Body, High Intensity-Spring Workouts”



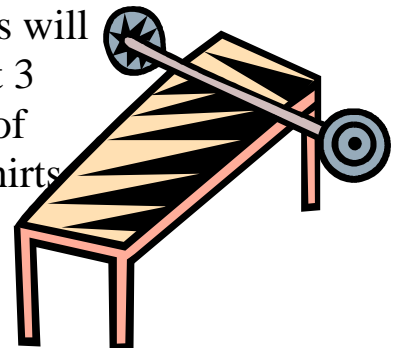
BENCH PRESS CLUB

Always wanted a bigger, better bench? Do you need a person to lift with? Do you want to learn how to lift? Whatever the question or desire, 1st timer to veteran muscle head. Interested lifters can register by email : bryanjackson@mwrbethesda.com or stop by the front desk. Join the Bench Press Club for their first meeting on **Tuesday, March 10 @ 1200** in the free weight room at the Comfort Zone.



SPRING BENCH PRESS CHALLENGE

Take the challenge on **Wednesday, April 22 @ 1200** in the free weight room. Registration starts on April 1 by email to: bryan-jackson@mwrbethesda.com. Male & female weight classes will be posted. The format is a 3-lift format. All lifters will get 3 lifts. All lifts must be = or more than the last lift. The best of three lifts will be recorded. Go for your personal best. T shirts for all and prizes for 1st and 2nd male & female.





Team River Runner
Monday, March 16, 6-8 PM

TEAM RIVER RUNNER

Health and Healing Through Whitewater Boating



Pool Rolling Sessions
Walter Reed Army Medical from 4:00-6:00pm every **Tuesday**
National Naval Medical Center from 6:00-8:00pm
the third **Monday** of the Month

Weekly Kayaking River Trips
Wednesday Playboating Sessions 5:00 – 7:00pm
Thursday Flatwater/Whitewater Trips 5:00 – 7:00pm
Pick up in front of Mologne House at 4:15pm
Sunday Family/River Trips 2:15 pick up in front of Mologne House

Contact:

Dana Alexander 301-801-4628 Riptide@mail.com

Alison Linberg 202-356-1012 x42148

alison.linberg@amedd.army.mil

www.teamriverrunner.org





Massage Therapy

at the Comfort Zone Complex

By appointment only

Monday 3 pm-6 pm

Tuesday 11 am-3 pm

Saturday 10 am-2 pm

*10% discount for
Active Duty Military*

Seated Massage:

10 minute session \$15

20 minute session \$30

30 minute session \$45

Other Services:

1/2 hour table massage-upper body \$50

1 hour table massage-full body \$70

45 Min. Deep Tissue \$65

50 Min. Stone Massage \$75

40 Min. Sports Massage \$60



Call 301-295-2450 to schedule your massage.
Services by Relaxation On Site.



Kids Konnection

Child Development Center
Bldg. 26

March 2009



From the Administrator: We hope that those of you who could join us enjoyed the pancake breakfast. We will be celebrating Dr. Seuss this month with a "Green Eggs and Ham" Breakfast Birthday Party. Watch the front doors for a date announcement and sign up. Also, if you have time, please come read your favorite Dr. Seuss book to the class. We look forward to seeing you.

ATTENTION PARENTS: Due to safety concerns, staff and children will no longer be permitted to wear Crocs. Also, we are once again at that time of year when the weather is changeable. Please check your child's cubby and make certain that they have clothing appropriate for the weather. We need to have at least three changes of clothing for infants and perhaps more for toddlers who are toilet training. Think layers!

Raspberry Brûlée from Betty Crocker®

A simple yet very elegant recipe that quickly broils fresh raspberries in a rich, creamy vanilla sauce.

Substitution

Prep Time: 10 min
Total Time: 25 min
Makes: 4 servings

If raspberries aren't available, try blueberries, or sliced strawberries, peaches or nectarines.



- 1 cup raspberries
- 1/3 cup sugar
- 2 tablespoons cornstarch
- 1/4 teaspoon salt
- 2 cups fat-free half-and-half or fat-free (skim) milk
- 1/2 teaspoon vanilla
- 4 teaspoons packed brown sugar

1. Place raspberries evenly in bottom of four 10-ounce custard cups or ramekins.
Mix sugar, cornstarch and salt in 2-quart saucepan. Stir in half-and-half. Heat to boiling over medium heat, stirring frequently. Stir in vanilla. Spoon over raspberries.
2. Set oven control to broil. Sprinkle 1 teaspoon brown sugar over mixture in each custard cup. Broil with tops 4 to 6 inches from heat 2 to 3 minutes or just until brown sugar is melted. Serve immediately.
3. Cover and refrigerate any remaining desserts.

Reminders for Parents: • Children are to be escorted to their classrooms upon arrival and must be supervised until they are out of the building upon departure. Make certain that the caregivers acknowledge that the child is in their care, and/or has been discharged from their care. Children running loose in the CDC can be injured or misplaced. • The CDC closes at 6:00 p.m. Please be prompt. **Remember that continued late pick ups may result in the loss of child care privileges.**

MOST IMPORTANT SAFETY REMINDER: Do not allow children to run or walk behind parked cars in the parking area adjacent to the building. There have been far too many near misses! Our children are precious; take care of them.

Parents Please Note: The area along the front of the building is a fire lane. Parking in this area is not only illegal, but creates a great hazard for our precious children. There are enough legal spaces for parent parking, please use them. Cars parked in the fire lane will be **ticketed** by NNMC police.



Get to know KIT.

Navy CYP has joined forces with KIT (Kids Included Together) “to support and train CYP Professionals Navy-wide in Child Development Centers, Youth and Teen Programs, and Child Development Homes on the best practices of inclusion. Inclusion is an attitude and philosophy that welcomes and support all children.”

All CDC staff will be completing online training modules over the next several months to enhance their knowledge and competency.

Parent Brochures explaining the program are currently available in the front lobby. Please take one.

About KIT

Kids Included Together (KIT) is a non-profit organization specializing in providing best practices training for community-based youth organizations committed to including children with disabilities into their existing recreational, social and child care programs.

KIT was founded on a promise to increase opportunities for children with and without disabilities to access recreational, child development and youth development programs. Recognizing the tremendous need in the community, KIT established the [National Training Center on Inclusion \(NTCI\)](#). Located at the NTC Promenade at Liberty Station in Point Loma, Calif. NTCI is a state-of-the-art training facility and learning lab that creates and disseminates best practice information to the out-of-school time field. NTCI offers live training, eLearning and a library of books, videos/DVDs and other materials related to inclusion and disability for use by youth providers and KIT trainers.

For over ten years, KIT has supported the inclusion of children with disabilities or other special needs in programs that occur in out-of-school time-hours. KIT accomplishes this by creating four-year affiliations with organizations like youth theatre, YMCA's, Jewish Community Centers, aquatic programs, Boys & Girls Clubs, parks & recreation departments, city 6 to 6 programs, etc. During this affiliation, KIT focuses on sustainability so organizations will continue to provide inclusive environments long after KIT's involvement has ceased. KIT provides training, technical assistance, site-specific training, and child-specific consultations to produce systemic change within the organization. The end result is an organization that has embraced the philosophy of inclusion and is ready and willing to accept *all* children, regardless of their abilities, into their programs.

Through its efforts, KIT has generated tremendous interest and support from organizations that serve children with and without disabilities. KIT has been awarded several major grants from First 5 California, Mitsubishi Electric America Foundation, San Diego Regional Center for the Developmentally Disabled, State of California-Department of Education, City of San Diego, the State Council on Developmental Disabilities, and has received awards from the San Diego Chamber of Commerce, Leadership Institute at Cal-State San Marcos and from The Supported Life Institute in Sacramento.

KIT's services are provided free of charge to its 54 affiliate organizations representing over 293 sites in San Diego County. During fiscal year '07-'08 KIT trained a total of 3,743 youth providers in the best practices in inclusion. Since 1997, 7,879 children with disabilities were co-enrolled with 117,560 typically developing children at KIT affiliate sites; this amounted to over 424,130 hours of inclusive youth programming.



Child and Youth Programs



BETHESDA NAVAL BOWLING CENTER



It's not too early to make your reservations for your upcoming holiday parties/ event!

Unlimited Bowling Packages for GROUPS

All prices are per person, including shoe rental

\$11 for 1½ hours

\$13 for 2 hours

\$18 for 3 hours

\$21 for 4 hours

Add a **food package** for \$6.00 per person

Includes hamburger or hot dog or chicken nuggets, french fries and a beverage, or personal pizza and a beverage.

Bring your own food @ \$2.50 pp.

BIRTHDAY PARTY PACKAGE

1 or 1-1/2 hours* of Bowling

Shoe Rental

1/2 hour in Party Room

Food & Beverage

- Hamburger, Hot Dog, Grilled Cheese or Chicken Nuggets with French Fries & Beverage
- Pizza & Beverage

\$13-\$15* per person

RESERVATIONS

301-295-2060/2034



HOURS OF OPERATION

MON-TUES 1000 - 2200

WED-THURS 1500 - 2200

FRI 1300 - 2400

SAT 1000- 2400

SUN 1300 - 2000

PinFall Cafe

Enjoy your favorite foods and beverages!



Open during Bowling Center operating hours*



SANDWICHES & SUCH

HAMBURGER	\$3.50
CHEESEBURGER	\$3.75
BACONBURGER	\$4.25
BACONCHEESEBURGER	\$4.50
DOUBLEBURGER	\$4.75
DOUBLECHEESEBURGER	\$5.25
STEAK AND CHEESE	\$5.00
BLT	\$3.50
GRILLED CHEESE	\$2.00
SHRIMP BASKET	\$4.25
HOT DOG/CHILI DOG	\$2.00/2.75
CHICKEN NUGGETS	\$2.00
CHICKEN TENDERS	\$5.00
SLOPPY "DAN"	\$3.75
FISH AND CHIPS	\$4.25
DAN'S HOMEMADE CHILI	\$3.75
FISH SANDWICH	\$3.75

APPETIZERS

FRENCH FRIES	\$1.75
FRIED MUSHROOMS	\$3.75
ONION RINGS	\$3.50
MOZZARELLA STICKS	\$3.75
NACHOS	\$3.50
CHILI CHEESE FRIES	\$4.25
POPPERS(6)	\$3.75
SHRIMP POTSTICKERS	\$4.25
CHICKEN WINGS	\$4.50

PIZZA

CHEESE PIZZA	\$5.00
PEPPERONI PIZZA	\$5.50

BREAKFAST

2 EGGS, ETC	\$4.50
BACON EGGS SANDWICH	\$3.25
3 SLICES FRENCH TOAST	\$4.00

BEVERAGES

BOTTLED BEER	\$2.75
DRAFT GLASS	\$2.50
WINE	\$3.00
NANTUCKET NECTARS	\$2.00
BOTTLED WATER	\$1.25
LEMONADE/PUNCH	\$1.25
COFFEE/TEA	\$1.25
FOUNTAIN SODA	1..25/2.00
DRAFT PITCHER	\$9.00
PITCHER LEMONADE	\$4.00
PITCHER PUNCH	\$4.00
PITCHER OF SODA	\$4.00

**Hours subject to change without notice*



***Breakfast & Lunch
Specials, Grill,
Pizza,
Salad Bar,
Deli Sandwiches
and more!!***

Located in USUHS, Bldg. 7
OPEN Mon-Fri
0630-1000 Breakfast
1100-1400 Lunch

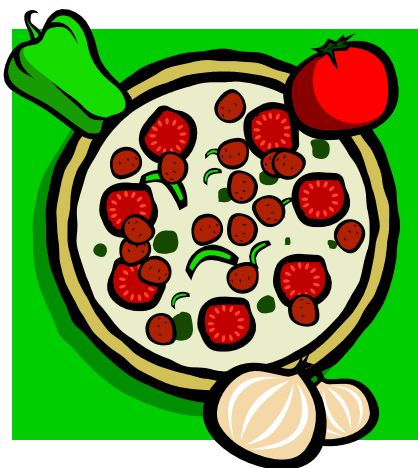


**5" MINI PIZZA DEAL:
1 PIZZA, SMALL SALAD, 20 oz drink
(pizza deal is for the TO-GO price only)**

Cheese pizza - \$5.00

Pepperoni pizza - \$5.25

Italian Supreme pizza - \$5.50





Quality of Life Director
Bldg.60 Room 302 E

Bob Killion 301-295-0935
robert.killion@med.navy.mil

Administrative Officer
Bldg. 3 Room 31

Jane Bonheim 301-295-0956
Jane.bonheim@med.navy.mil

Management Assistant
Bldg. 3 Room 29

Chita Cajigal 301-295-3577
Carmenchita.cajigal@med.navy.mil

Accounting/ Unit Funds
Bldg. 3 Room 48

301-295-1238/1279/1345

Procurement
Bldg. 3 Room 34

Lorrie Kelley 301-295-1149
Lorrie.kelley@med.navy.mil

Marketing/Newsletter
Bldg. 3 Room 33

Jenny Charlson 301-295-1046
Jenny.charlson@med.navy.mil

Human Resources
Bldg. 60 Room 202 E

Ernie Miguel 301-295-0936
Ernest.miguel@med.navy.mil

Bowling Center, Bldg. 56
301-295-2034/2060

Mon-Tues	1000 - 2200
Wed-Thurs	1500 - 2200
Friday	1300 - 2400
Saturday	1000 - 2400
Sunday	1300 - 2000

Noel Dysart, Manager
admiral@mwrbethesda.com

Child Development Center
Bldg. 26

301-295-0167
Mon-Fri 0600-1800
Jamila Aziz, CDPA,
jamila@mwrbethesda.com

Comfort Zone Complex
Bldg. 23

301-295-2450 Front Desk
301-295-0030/31/32 Admin.

Fitness Center Hours

Mon-Fri	0500-2100
Sat- Sun	0900-1800

Pool Hours

Mon-Fri	0500-2000
Sat-Sun	1100-1700
Active Duty only, M-F	1100-1300
Family Swim Friday	1800-2000
Sunday	1300-1700

Wendy Tompkins, Manager
wtompkins@mwrbethesda.com

Bryan Jackson, Aquatics/Fitness
bryanjackson@mwrbethesda.com

Amanda Kozay, Aquatics/Fitness
akozay@mwrbethesda.com

Jack Jackson, Athletics
jack@mwrbethesda.com

MWR InfoCenter, Bldg. 2
301-295-0434

OPEN MON-FRI 0800-1600
Closed for lunch 1330-1400

Richard Moy, ITT Manager
301-295-5432
Richard.moy@med.navy.mil

Julie Orellana, Ticket Seller
301-295-0434
infocenter@mwrbethesda.com

Liberty Zone, Solace Hall
Bldg 61, 2nd deck

Liberty/Adventure Bound
301-295-4727

OPEN MON-FRI 0900-2200
SAT, SUN & Holidays 1200-2200
Michele Bean
301-319-8431, 301-613-7032
mbean@mwrbethesda.com

USU Café & Catering,
Bldg. 72

301-493-6554
OPEN Monday-Friday
0630-1000 Breakfast
1100-1400 Lunch
Full Service Catering Services

John "Rock" Rauckhorst
240-418-1955
John.rauckhorst.ctr@usuhs.mil



**MORALE, WELFARE &
RECREATION (MWR)**

